

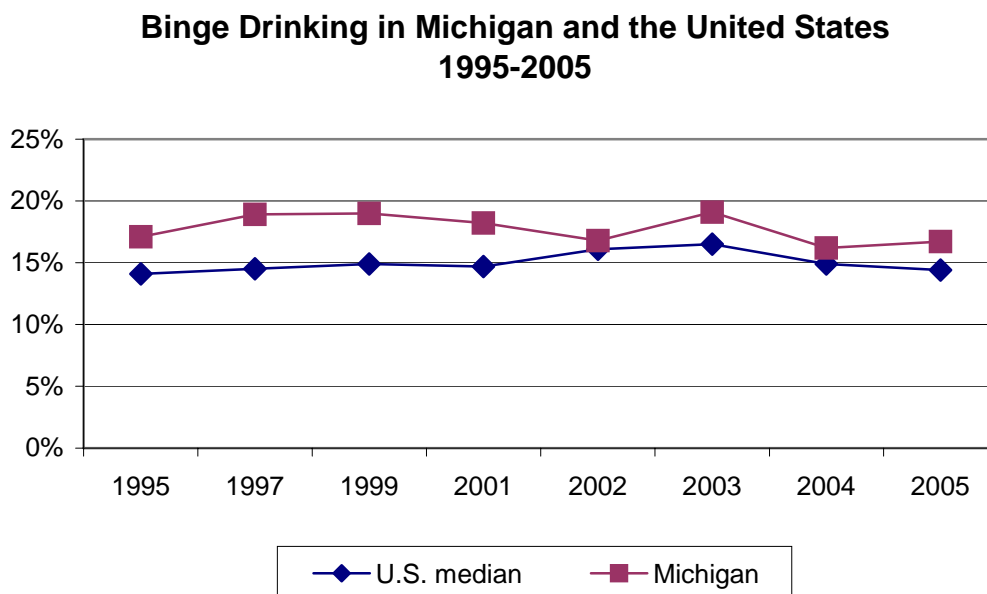


### Topic: Risky Health Behaviors

#### 8. Adult Binge Drinking

Drinking patterns associated with rapid intoxication, such as binge drinking, carry with them potential for social and physiological harm. One of the commonly used thresholds for binge drinking is five or more drinks on at least one occasion in the last 30 days.

##### *How are we doing?*



In 2005, 16.7% of Michigan adults were estimated to have engaged in binge drinking in the previous month. The prevalence of binge drinking has remained fairly consistent among Michigan adults over the past eleven years, 17.1% in 1995 compared to 16.7% in 2005.

##### *How does Michigan compare with the U.S.?*

When compared to the United States, Michigan has consistently had a higher prevalence of binge drinking.

##### *How are different populations affected?*

The prevalence of binge drinking decreased with age, from 31.7% of those aged 18-24 years to 1.7% of those aged 75 years and older. Men were more likely than women (24.3% vs. 8.9%), and Whites were more likely than Blacks (17.2% vs. 10.8%) to have engaged in binge drinking.

##### *What is the Department of Community Health doing to improve this indicator?*

The MDCH began a Campus Alcohol Initiative in 1999 to address alcohol abuse on college campuses. These programs exist at Eastern Michigan University, Ferris State University, Grand Valley State University, Michigan State University, and the University of Michigan.